Application No.: 10/702,611

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On 04 amuam 300

Paula Faulk Hurley

JAN 0 7 2005

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re application of: William R. Dubrul

Dubrul Attorney Docket No.: 021016-1

Application No.: 10/702,611

Examiner: Lori Baker Amerson

Filed: 07 November 2003

Group: 3764

Title: Push Up/Pull Up

Confirmation No.: 8512

Exercise Apparatus and Methods for Use

Mail Stop Amendment Commissioner for Patents P.O. Box 1450 Alexandria, VA 22313-1450

AMENDMENT

Sir:

In response to the office action mailed 1 October 2004, for which a petition for a one-month extension of time from 1 January 2005 through 1 February 2005 is enclosed, please amend this application as follows.

Amendments to the Specification begin on page 2 of this paper.

Amendments to the Claims are reflected in the listing of claims, which begins on page 4 of this paper. This listing of the claims will replace all prior versions, and listings, of the claims in this application.

REMARKS begin on page 7 of this paper.